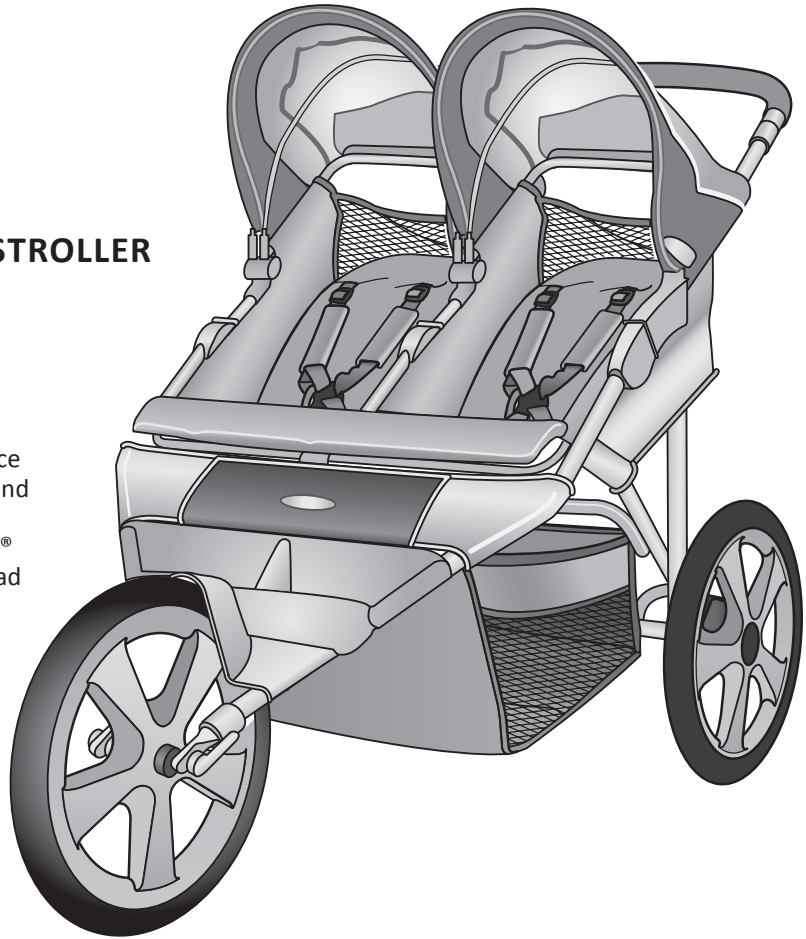
Flash

DOUBLE SEAT FIXED WHEEL JOGGING STROLLER

11-AR208, 11-AR209



OWNER'S MANUAL

This manual contains safety, assembly, use and maintenance instructions. Read these instructions carefully before use and keep them for future reference. Your child's safety may be affected if you do not follow these instructions. The InStep® jogging stroller must be assembled by an adult who has read and understands the instructions in this manual.

Keep the packaging away from children and dispose all packaging before use. Do not return to store. Call toll free **1-800-242-6110** for assistance and replacement parts.

Keep instructions for future reference.

Thank You

For purchasing the InStep® jogging stroller. You will be sure to enjoy hours of pleasurable exercise and family time. If you have any questions or comments our customer service hours are:
8:00 AM - 5:00 PM Monday through Friday CST.

You may also reach us through the following:
Phone: 1-800-242-6110
The Web: www.instep.net
Email: info@instep.net
Address: 4730 East Radio Tower Lane, Olney, IL 62450

Important!
Do not return the product to the store. Please contact customer service at **1-800-242-6110** for assistance and replacement parts.

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1 Safety

⚠ WARNING!

- **FAILURE TO FOLLOW THE SAFETY INSTRUCTIONS LISTED BELOW MAY RESULT IN SERIOUS INJURY OR DEATH.** Always read and understand the information and warnings in this manual before using the jogging stroller.
- If you are unsure of any information in this manual or have a question regarding assembly or use please call customer service. Always keep this manual for reference and include it with resale of the jogging stroller.

ASSEMBLY

- An adult who has read and understands the information and warnings in the manual shall assemble this product according to manufacturer's instructions.
- Do not use the product if there are any missing or damaged parts. Do not return the product to the store. Please contact customer service at **1-800-242-6110** for assistance and replacement parts.
- Dispose of all plastic bags and wrapping material immediately.
- Check the assembly (i.e.: fasteners, wheels) before using the product.
- Never allow children to assemble, fold, or disassemble the jogging stroller.

CHILDREN

⚠ WARNING!

- Avoid serious injury from falling or sliding out. Always use the 5-point safety harness.
- Never leave children unattended in or around the jogging stroller.
- Excessive weight may cause a hazardous and unstable condition to exist.

- The maximum weight capacity of the jogging stroller for the child is 50 lb. The weight limit for two children is 100 lb.
- This jogging stroller is intended for children at least 6 months old and weighing up to 50 lb.
- Never have more than two children in the jogging stroller at any time.
- Never use with children that can not support their own head.
- Do not place a child in the jogging stroller with the back of their head facing forward or their feet facing towards the rear.

USE

⚠ WARNING!

- Any load attached to the handle affects the stability of the stroller. Unstable hazardous conditions may exist if package carrying accessories are added to the product.
- Parcels or accessories placed on the jogging stroller may cause the jogging stroller to become unstable. Do not place items on the stroller. Hazardous conditions may exist if package carrying accessories are added to the product.

Before each use check:

- The jogging stroller for damage. Do not use if damaged.
- The tire pressure. If necessary inflate the tires to within the range shown on the tire sidewall. Always use a foot or hand pump to inflate the tires.
- The fasteners are tight. Tighten if necessary.
- Ensure the brakes work properly!
- All loose items are removed from the passenger compartment.
- Maximum weight that can be carried in the under seat basket is 10 lb. The parent tray is 3 lb.

During use be sure to:

- Take proper steps (clothing, ventilation, hydration) to protect the child from exposure hazards such as wind chill and heat exhaustion. These hazards will have a greater impact on the less active passenger.
- Only an adult who can physically control the vehicle should use the jogging stroller. Never allow the jogging stroller to be used by children as a toy.
- Do not place hot liquids in the parent tray.
- Do not use the jogging stroller with inline or roller skates.
- Always maintain a safe speed. Avoid quick, sharp changes in direction, as tip-over may occur. The jogging stroller is not intended for use at high speeds.
- Allow extra clearance for the jogging stroller when near curbs, parked cars, and other obstacles. The jogging stroller requires a wide turning radius. Do not turn sharply.
- Use caution when turning on loose or uneven surfaces and when going downhill. Avoid braking suddenly.
- Always engage the parking brakes when stopping, releasing the handle or loading / unloading children.
- Keep the safety wrist strap on until you are sure the jogging stroller is completely stopped.
- Do not travel over curbs, bumps or holes.
- Do not pull or push the jogging stroller with a vehicle.

- Do not use the jogging stroller in hazardous weather or at night.
- Accessories not approved by the manufacturer shall not be used.

STORAGE

- Use caution to avoid pinch points when folding or unfolding the jogging stroller.
- Do not use cleaning solvents; clean only with mild soap and water.

ADDITIONAL WARNINGS FOR CUSTOMERS IN THE EUROPEAN UNION

⚠ WARNING!

- Use the harness as soon as your child can sit unaided.
- The seat unit is not suitable for children under 6 months old.
- This product is not suitable for running or skating.
- Check the stroller (pram) body or seat unit attachment devices are correctly engaged before use.
- Always use the crotch strap in combination with the waist belt.

❷ Parts and Features

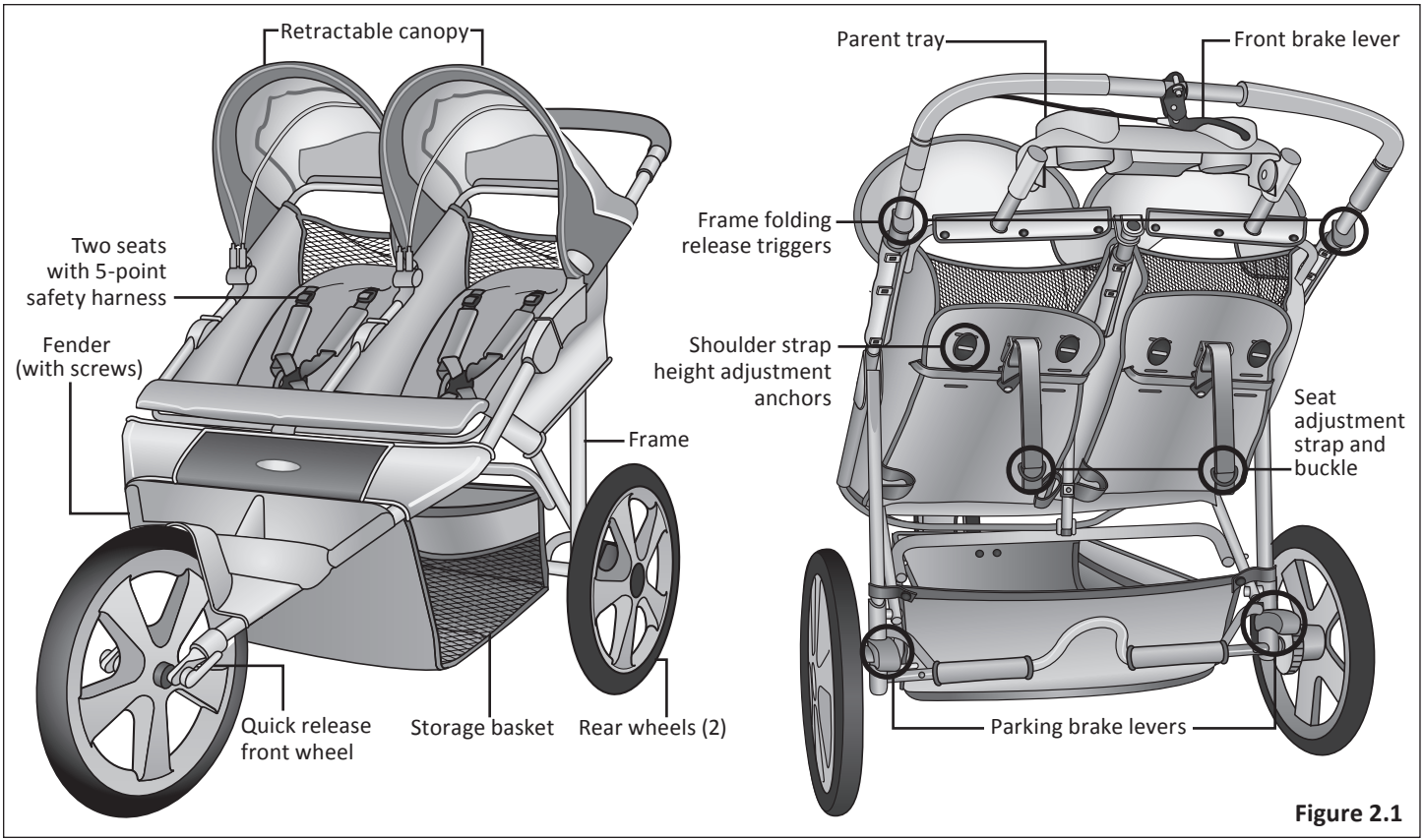

Figure 2.1

❸ Assembly

UNFOLD THE JOGGING STROLLER

⚠ WARNING!

- There are pinch points between the sidewalls and the frame of the jogging stroller that may cause injury. Fold or unfold the jogging stroller slowly using caution. Keep children clear when folding and unfolding the stroller.
- Ensure that all locking devices are engaged before use.

❶ Check the folding lock. If it is engaged, release it. **Figure 3.1**

❷ Holding the frame handle, unfold the frame until the upper half locks into the lower half. **Note:** Watch and ensure the fabric does not get caught or pinched in between the frame sections.

❸ Test that the frame halves are locked together by pressing down on the handle and pulling up. If the halves stay together they are locked into place.

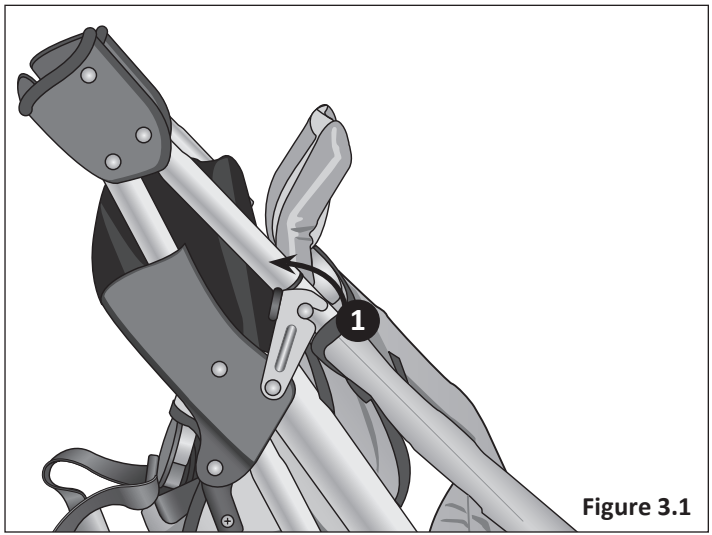

Figure 3.1

ATTACH THE REAR WHEELS

⚠ WARNING!

Rear wheels that are not securely locked in place may fall off the jogging stroller and cause serious injury or death. Always check the wheels are securely locked in place before use.

1. Place the rear wheel axle into the rear wheel bracket hole. **Figure 3.2**

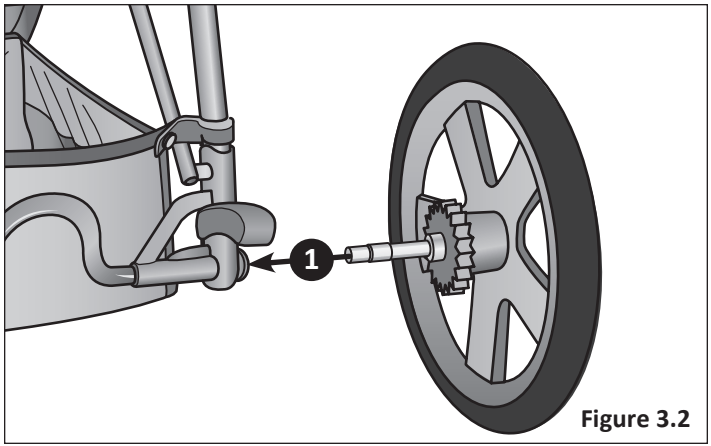

Figure 3.2

2. Push the wheel into the bracket until you hear the axle click into place. **Figure 3.3**

3. Pull firmly on the wheel to ensure the locking mechanism is engaged. Repeat these steps on the opposite side.

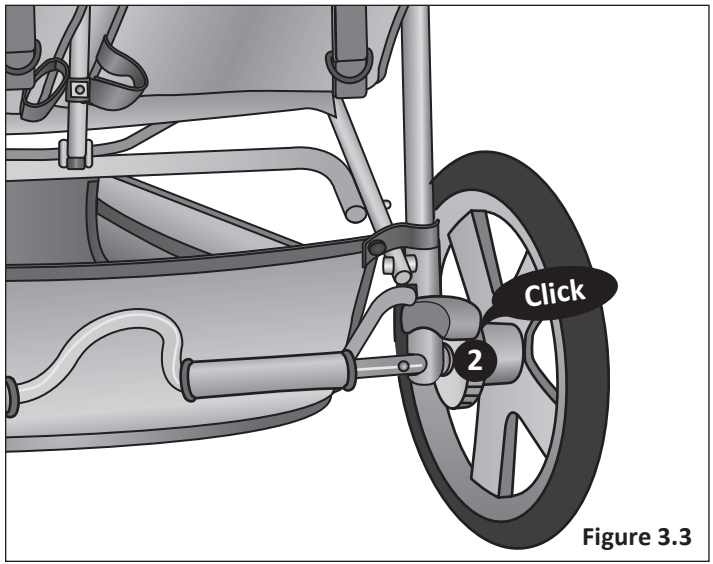

Figure 3.3

ATTACH THE FRONT WHEEL

⚠ WARNING!

If the front wheel is not securely locked in place it may fall off the jogging stroller and cause serious injury or death. Always check the front wheel is securely locked in place before use.

1. Position the stroller so the handle rests on the ground, with the front fork facing up. **Figure 3.4**
2. Move the quick release lever into the ***open*** position.
3. Set wheel into the forks, ensure the axle is properly seated, and hand tighten the cone nut.
4. Close the quick release lever to the fully closed locked position. When closing the lever it should leave an imprint on your hand. The lever should have firm but not excessive pressure when closing.
5. Pull on the wheel to ensure it is locked in place. If necessary loosen the quick release lever and re-tighten the cone nut. Re-check the wheel to be sure it is locked into place.

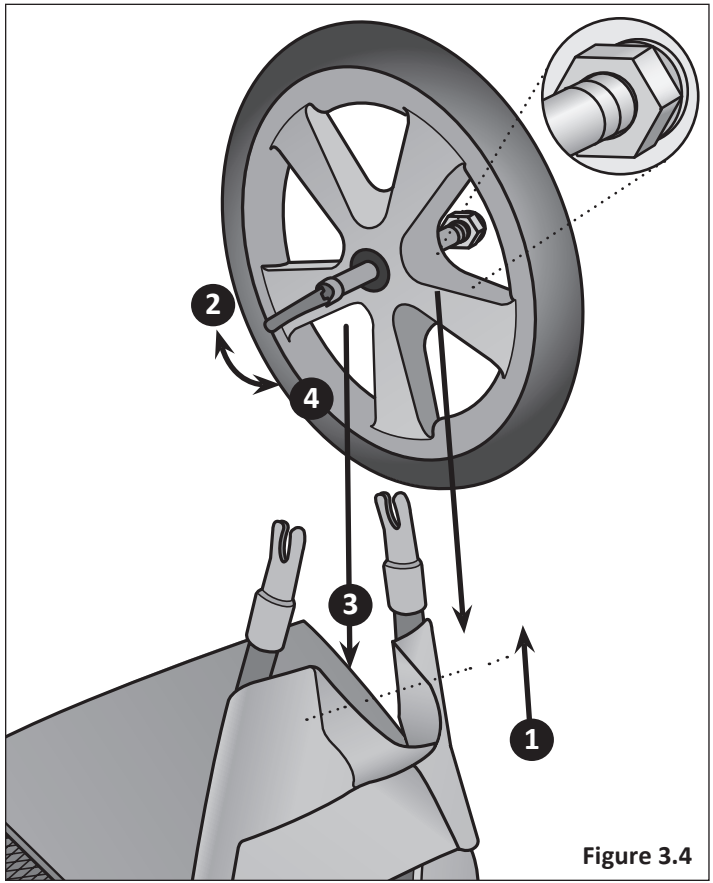

Figure 3.4

CALIBRATE THE FRONT BRAKE

⚠ WARNING!

Incorrect brake calibration or not having the brake engaged may cause the stroller to fail to stop and result in serious injury or death. Always check the brakes are functioning properly before use.

1. Lower the brake quick release lever and close the front brake. **Figure 3.5**
2. Spin the wheel and make sure the brake pads do not rub and are correctly aligned.
3. If the alignment is not correct then loosen the brake pad nut, spin the wheel and align the brake pad. After correctly aligning the brake, hold the brake pad in place and re-tighten the brake pad nut.
4. If the brake pads are rubbing against the wheel, turn the barrel adjuster a few turns.
5. If the barrel adjuster has been turned all the way and the pads still touch the wheel, the cable will have to be adjusted.
6. Loosen the cable anchor nut. Using pliers, pull the loose cable until taut and so the pads are at the correct distance. Re-tighten the cable anchor nut

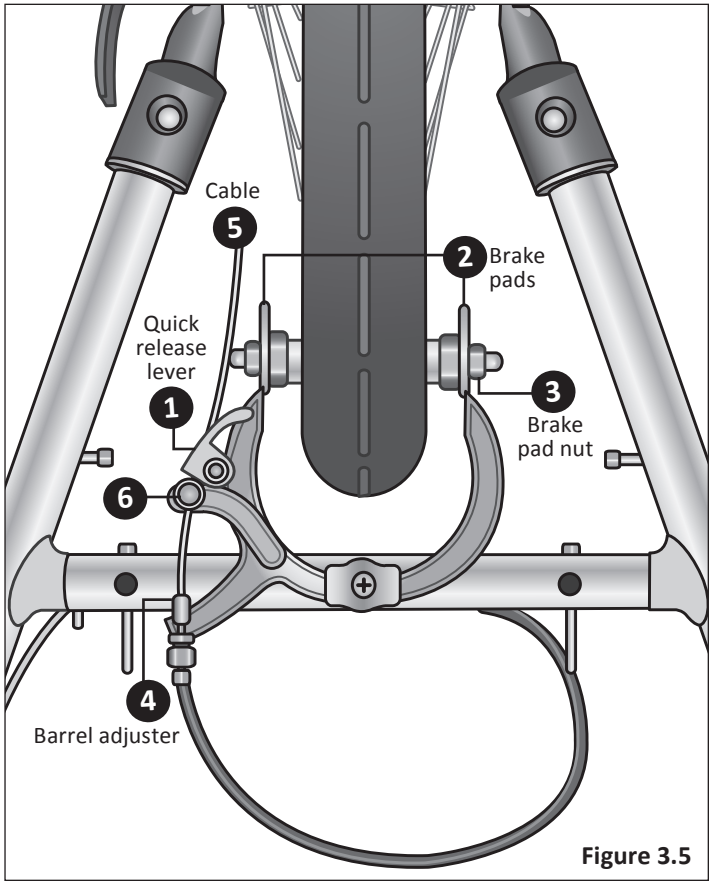

Figure 3.5

ATTACH THE FRONT FENDER

1. Place the front fender on the frame and over the front wheel. **Figure 3.6**
2. Align the mounting holes with the holes in the frame.
3. Insert the screws through the holes in the frame and tighten the front fender to the frame. Ensure the front wheel does not rub against the front fender.

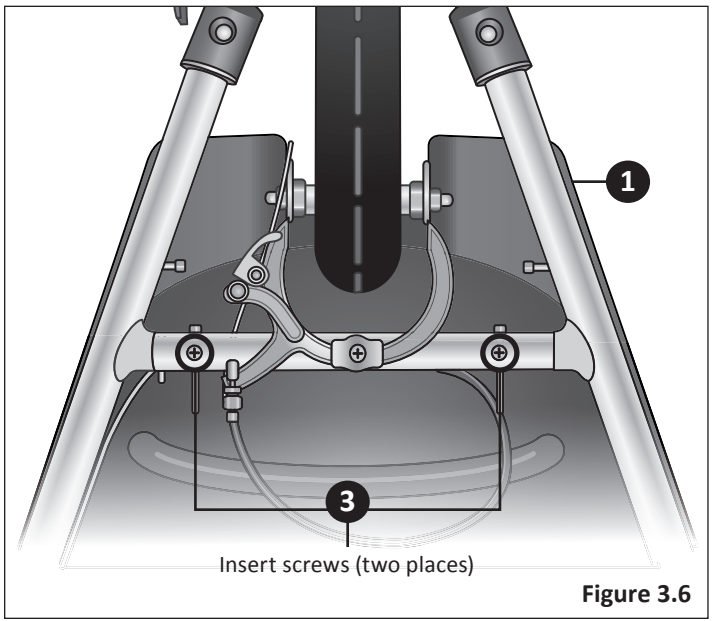

Figure 3.6

ATTACH THE PARENT TRAY

⚠ WARNING!

Unstable items (such as: hot fluids, tall bottles, metal containers) placed in the parent tray may tip over and seriously injure the passenger. Always remove items that may tip over before using the jogging stroller.

1. Align the slots in the parent tray with the large pegs on the handle. **Figure 3.7**
2. Lower the tray onto the pegs and snap into place.

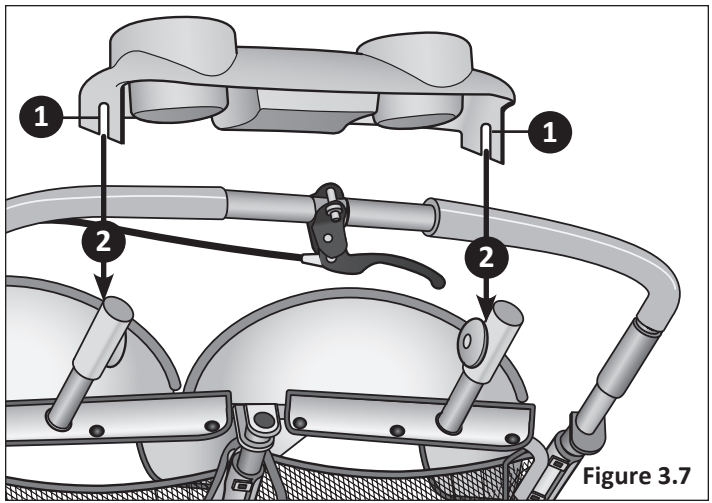

Figure 3.7

❹ Safety Features

USING THE 5-POINT SAFETY HARNESS

⚠ WARNING!

- Avoid serious injury from falling or sliding out. Always properly secure the passenger with the 5-point safety harness.
- It may be dangerous to leave your child unattended. Never leave your child unattended in or near the jogging stroller.

❶ Unbuckle the shoulder straps from the center lap buckle. **Note:** When not in use, keep the shoulder straps buckled to the lap buckle at all times. **Figure 4.1**

If you need to adjust the height of the shoulder straps, you should do so now. See ***Adjusting the Shoulder Strap Height*** on the next page.

❷ Seat the child in the center of the passenger compartment.

❸ Place the shoulder straps over the child's shoulders with the waist belt under the child's arms.

❹ Place the lap belt buckle between the child's legs.

❺ Clip the shoulder straps into the lap belt buckle, and adjust the shoulder straps. **Important!** Adjust the shoulder straps and lap buckle so they meet at the child's stomach.

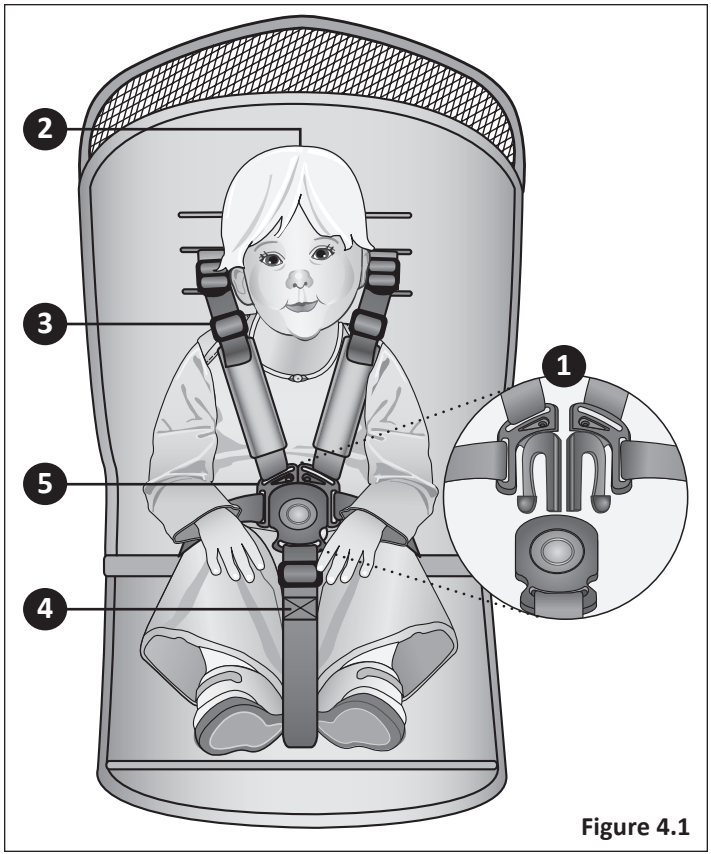

Figure 4.1

ADJUSTING THE SHOULDER STRAP HEIGHT

Use these seat height slots to properly adjust the height of the shoulder straps to your child's height. To adjust the shoulder strap height:

1. Starting from the back of the seat, pull the shoulder strap anchor away from the seat. **Figure 4.2**
2. Insert the anchor through the slot in the seat, pushing it towards the front. **Figure 4.3**
3. Re-insert the anchor through the slit in the front of the seat at the desired height. **Figure 4.4**
4. Pull the strap and anchor all the way through to the back. Make sure the strap is properly anchored on the seat back. Repeat these steps for the opposite strap. **Figure 4.5**

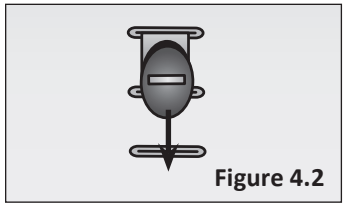
Figure 4.2

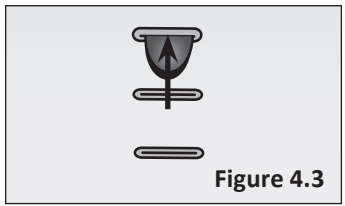
Figure 4.3

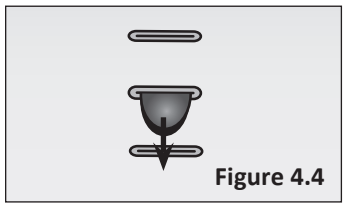
Figure 4.4

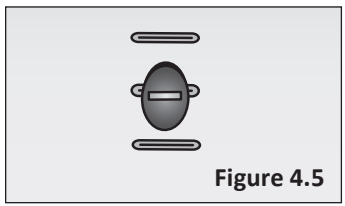
Figure 4.5

USING THE SAFETY WRIST STRAP

⚠ WARNING!

Using the jogging stroller without the safety wrist strap may result in the user becoming separated from the stroller and serious injury or death to the passenger. Always use the safety wrist strap when using the jogging stroller. Always engage the rear parking brakes before removing the strap.

1. Position the strap on the inside of the rear axle.
2. Bring the two ends forward and slide the end with the large loop through the small loop.
3. Hold the large loop and pull the strap tight to the rear axle.
4. Place your hand through the large loop so the strap is comfortable and secure.

5 Using the Stroller

USING THE FRONT BRAKE

1. Squeeze the lever on the handle to brake. **Figure 5.1**

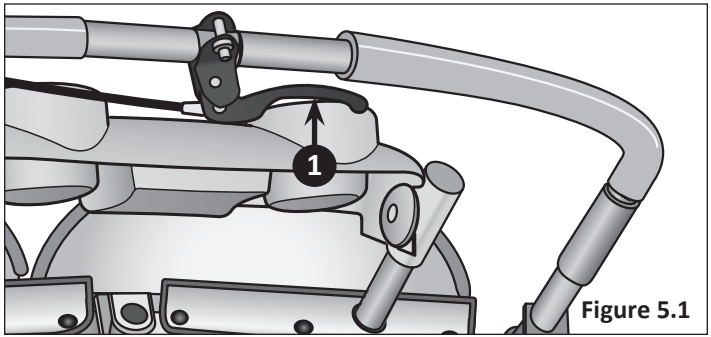

Figure 5.1

2. Release the lever to disengage the brake. **Figure 5.2**

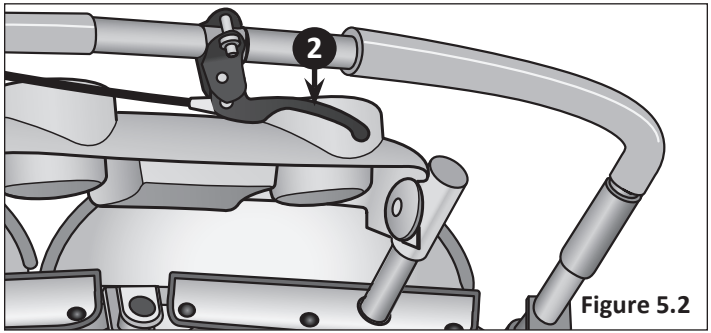

Figure 5.2

USING THE PARKING BRAKE

1. Step on the red levers next to the rear wheels until the cogs in the brake and wheel engage. Do this with both wheels. **Figure 5.3**

2. To release the brakes, lift the levers up with the toe of your foot until the cogs are disengaged.

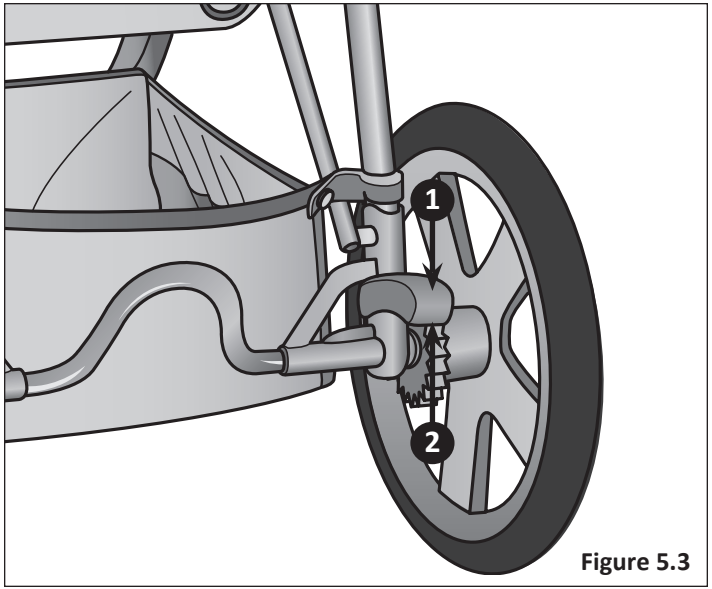

Figure 5.3

RECLINING THE SEAT

⚠ WARNING!

Improper adjustment of the 5-point safety harness when the seat is in the reclined position may result in the child slipping into the leg openings and strangulation. Always re-adjust the 5-point safety harness to the new position.

1. Unlatch the buckle on the back of the seat. **Figure 5.4**
2. Pull the strap down until the seat is in the desired position.
3. Lock the strap in place by re-latching the back buckle.

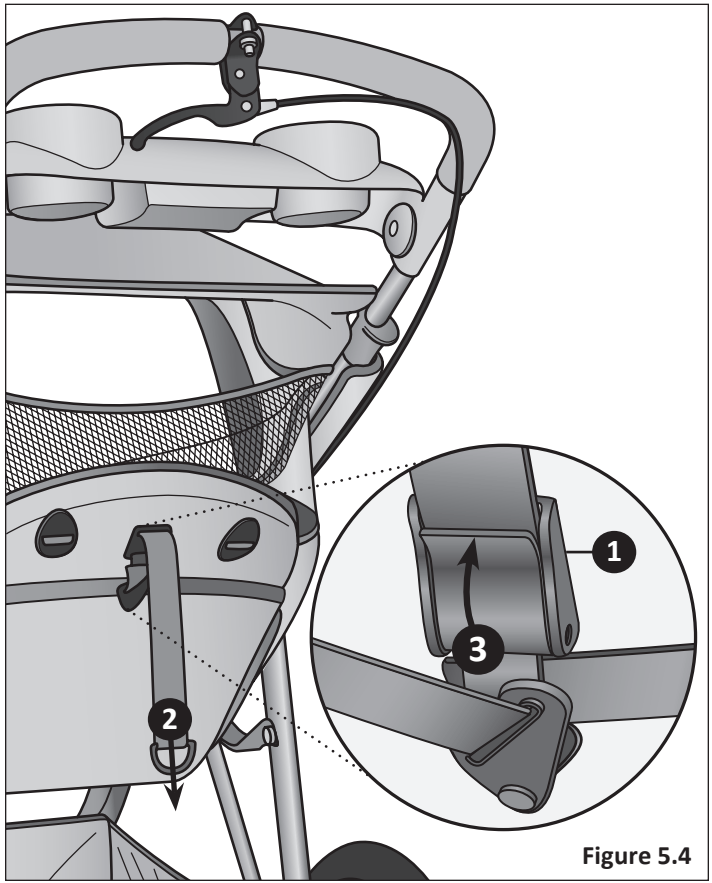

Figure 5.4

⑥ Disassembling and Storing the Jogging Stroller

⚠ WARNING!

- There are pinch points between the sidewalls and the frame of the jogging stroller that may cause injury. Always fold or unfold the jogging stroller slowly and with caution. Keep children clear when folding or unfolding the stroller.
- Children left in a folded stroller may incur serious injury or death. Always remove children from the passenger compartment before folding and storing the jogging stroller.

❶ Position the seat completely ***forward***.

❷ Press the folding release buttons on both sides of the frame. **Figure 6.1**

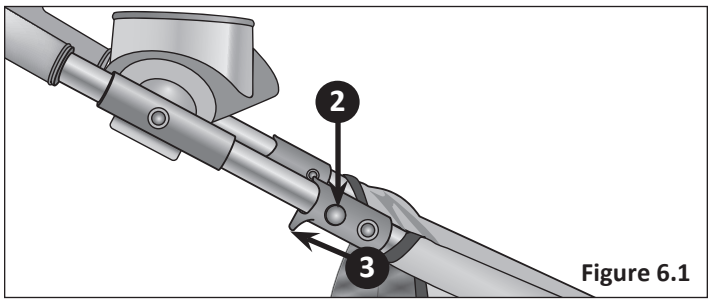

Figure 6.1

❸ Pull the red folding release triggers on both sides of the handle towards you.

❹ Push down on the middle of the handle. The stroller will begin to fold.

❺ Close the folding lock.

❻ Store in a dry place. **Important!** If the storage area is hot, release some air from the tires. This will help prevent excessive expansion or popping.

For compact storage remove the wheels:

To remove the front wheel:

❶ Move the quick release lever into the *open* position.

❷ Loosen the cone nut.

❸ Remove the wheel.

To remove the rear wheels:

❹ Locate the release lever on the wheel bracket.

❺ Pull the release lever straight up and hold.

❻ Remove the wheel.

❼ Release the lever.

❼ Maintenance

Always check the following before and during use:

- Ensure there is no damage, missing parts and that all parts are in good working condition.
- Check that all fasteners are tight.
- Check the tire pressure (psi) is correct (see rating on side of the tire).
- Check the front wheel and brake are aligned (see Assembly: Calibrate the Front Brake for calibration steps).
- Check the front wheel quick release is properly seated and closed sufficiently tight.
- If you are unsure of the product's condition or safety call customer service before use.

⑧ Warranty

Pacific Cycle warrants this product to be free of defective materials and workmanship for 1 year from the date of original purchase.

THIS LIMITED WARRANTY IS THE ONLY WARRANTY APPLICABLE TO THIS PRODUCT, AND IS EXPRESSLY IN LIEU OF ANY OTHER WARRANTY. ANY IMPLIED WARRANTIES, INCLUDING ANY WARRANTY OF MERCHANTABILITY AND WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN DURATION TO THE DURATION OF THE EXPRESS WARRANTY.

This limited warranty give you specific legal rights and you may also have other rights which may vary from state to state.

This warranty is extended only to the original consumer purchaser for non-commercial use and does not cover tires or tubes, grips, brake pads, or other wear parts, ordinary wear and tear, abuse, misuse, neglect, theft, or damage due to accident.

PACIFIC CYCLE IS NOT RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. THIS LIMITED WARRANTY DOES NOT COVER ANY PERSONAL INJURIES, DAMAGE TO OR, FAILURE OF THE PRODUCT OR ANY OTHER LOSSES DUE TO ACCIDENT, ABUSE, MISUSE, ALTERATION, NEGLECT, NORMAL WEAR AND TEAR, IMPROPER ASSEMBLY, IMPROPER FIT, IMPROPER MAINTENANCE OR USE OF UNAUTHORIZED REPLACEMENT PARTS NOT DESIGNED FOR THE PRODUCT.

To make a claim under warranty, notification of such defect must be given to Pacific Cycle, Inc. at the address stated on the previous page. You will be instructed on how the product or part needing replacement should be shipped postpaid to Pacific Cycle, Inc.

Manufactured for Pacific Cycle, Inc (A Division of Dorel Industries)

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